



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

PREVENTION AND PROTECTION START HERE

October 2016



What's New in Public Health

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Women's Health Toolbox

Some health concerns affect women differently than men. For example, the leading cause of death for women in the United States is heart disease, accounting for 22 percent of deaths in women annually since 2013.¹ Chronic heavy drinking is a leading cause of heart disease.² Among heavy drinkers, women are more susceptible to alcohol-related heart disease than men, even though women drink less alcohol over a lifetime than men.² The good news is that many of the health issues women face are preventable and treatable. Our Women's Health Toolbox provides a variety of resources to help ensure the mission readiness and overall well-being of the women serving in our military as well as our families. [Click here to learn more >>](#)

[1] Leading Causes of Death in Females United States for 2013. Centers for Disease Control and Prevention (CDC). <http://www.cdc.gov/women/lcod/2013/index.htm>. Reviewed September 2015.

[2] Women and Alcohol. National Institute on Alcohol Abuse and Alcoholism. <http://pubs.niaaa.nih.gov/publications/womensfact/womensfact.htm>. Reviewed December 2015.

Women's Health Infographic

Want to learn more about women's health? The new "Get the Message on Women's Health" infographic provides a graphical overview of important information pertaining to the health and well-being of women including drinking habits, tobacco use, sexual health and pregnancy, nutrition, exercise and health screening schedules. [Click here to learn more >>](#)

Influenza Surveillance Advisory

Influenza, or the flu, is a viral illness characterized by the sudden onset of fever, respiratory symptoms and fatigue. Influenza season in the United States typically peaks in January and February but can begin as early as October. While most people infected with the influenza virus recover quickly, complications can lead to more severe disease presentation and extended illness. The military training and shipboard environments are particular areas of concern with regards to disease spread due to close living quarters. Influenza policy and guidance resources can be found on NMCPHC's [Influenza webpage](#). Vaccination is the best way to prevent illness from influenza, and is required for all active duty and reserve component personnel.

[Click here to learn more >>](#)



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Creating a User Defined Pneumonia-Specific Syndrome in ESSENCE

NMCPHC retrospective analyses suggest that surveillance using a pneumonia-specific syndrome can identify severe respiratory illness that may be associated with influenza. This targeted surveillance may be especially useful during influenza season, when clusters of severe illness can be lost in the background amidst high numbers of influenza-like illness encounters. Conducting routine surveillance with a user defined pneumonia-specific syndrome may be useful to maintain awareness of severe respiratory illness within your area of responsibility.

[Click here to learn more >>](#)

The Value of Technology in Preventing Medical Evacuations

Over the course of the one-and-a-half year study period, the teleconsultation system known as Health Experts on Line at Portsmouth (HELP) prevented 50 medical evacuations (MEDEVACs) out of 559 consults by connecting specialists to patients instead of transporting patients to providers. HELP's director turned to us to determine the system's return on investment. Boasting more than 1,500 users, HELP links providers from fleet and primary care clinics around the world to non-local specialists via the click of a mouse. HELP also coordinates patient movements and allows providers to request and share patient medical documents. However, the question remained: did the prevented MEDEVACs translate to actual cost savings?

[Click here to learn more >>](#)

DRSi Newsletter: The Reporter

The Reporter is a monthly newsletter for MTF and shipboard public health staff, including users of the Disease Reporting System Internet (DRSi). Each issue highlights monthly trainings, department updates, guidance, and news to ensure timely recognition and control of infectious diseases. [Click here to learn more >>](#)



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NMCPHC LinkedIn Group

It's official! NMCPHC is now on LinkedIn. Open to our stakeholders, staff, customers and aspiring employees, the NMCPHC LinkedIn group will allow members to share knowledge and ideas, network and hold discussions that further our common mission of protecting the health and readiness of our nation's service members and their families. We strongly encourage you to join the group, participate in discussions, ask questions and invite others to learn more about the innovative work happening here at NMCPHC. [Click here to learn more >>](#)



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Overcoming Physical and Invisible Wounds: How One Soldier Went From Contemplating Suicide to Advocating for the Wellness of Others

<http://www.health.mil/News/Articles/2016/09/19/Overcoming-physical-and-invisible-wounds-How-one-soldier-went-from-contemplating-suicide>

Aug. 17, 2004, Army Maj. Ed Pulido's life took a drastic turn when the vehicle he was driving hit an improvised explosive device in Iraq. In the months to follow, Pulido would experience one of his toughest fights yet. Despite his training as a suicide prevention officer, nothing could have prepared the positive-spirited soldier for the emotional struggles ahead. The blast from the improvised explosive device threw Pulido out of the vehicle, badly injuring the left side of his body. By the time he arrived at Brooke Army Medical Center in San Antonio, Texas, he was battling burns and multiple infections, including two staph infections in his leg. He underwent 17 surgeries during his first 40 days in the hospital. When his left leg was amputated shortly after, his world changed. [Click here to read more>>](#)

HHS Takes Steps to Provide More Information About Clinical Trials to the Public

<https://www.nih.gov/news-events/news-releases/hhs-takes-steps-provide-more-information-about-clinical-trials-public>

In an effort to make information about clinical trials widely available to the public, the U.S. Department of Health and Human Services (HHS) recently issued a final rule that specifies requirements for registering certain clinical trials and submitting summary results information to ClinicalTrials.gov. The new rule expands the legal requirements for submitting registration and results information for clinical trials involving U.S. Food and Drug Administration-regulated drug, biological and device products. At the same time, the National Institutes of Health has issued a complementary policy for registering and submitting summary results information to ClinicalTrials.gov for all NIH-funded trials, including those not subject to the final rule.

[Click here to read more>>](#)



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Navy Preventive Medicine Unit Represents Navy Public Health at San Diego Fleet Week

http://www.navy.mil/submit/display.asp?story_id=96793

The Navy Environmental and Preventive Medicine Unit (NEPMU) 5 participated in the first Sea and Air Parade event in eight years during San Diego Fleet Week, Sept. 10. The event featured U.S. Navy cruisers, amphibious ships, destroyers, frigates, submarines, a demonstration of SEAL capabilities, Coast Guard search and rescue, a fly-over of contemporary Navy and World War II aircraft, along with ship tours, a Science, Technology, Engineering, and Mathematics (STEM) fair, and static displays. [Click here to read more>>](#)

Suicide Prevention: Be The Difference

<http://navymedicine.navylive.dodlive.mil/archives/11337>

As the suicide prevention coordinator for the Navy Bureau of Medicine and Surgery (BUMED), I advise on the day to day needs of the suicide prevention program for the chief of staff. It's my job to promote awareness, make sure that everyone has the right resources and ensure that everyone is up-to-date on their education. I've never been directly affected by suicide, but I've seen the toll it takes on those who have. I wanted to become BUMED's suicide prevention coordinator because I saw it as my opportunity to be the difference between someone hurting themselves or seeking treatment. I'm a hospital corpsman. I'm in this business because I care about other people. I want everyone to heal, whether they have a physical, a mental, or an emotional injury. Being a suicide prevention coordinator is my opportunity to do my part.

[Click here to read more>>](#)



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Tobacco Cessation Facilitator Training

October 11

Branch Health Clinic Groton, CT

Tobacco cessation courses are offered at a variety of locations including ashore and afloat commands as well as Navy Medical Treatment Facilities (MTFs). The Tobacco Cessation Facilitator Training course equips individuals with the knowledge and skills required to become Tobacco Cessation Facilitators at their local command in order to assist others with quitting tobacco. The Tobacco Cessation Facilitator Training course will familiarize attendees with individual and group treatment program approaches as well as the counseling skills and knowledge to effectively help tobacco users quit their addiction. In this course, attendees will learn the components of the American Cancer Society's Freshstart® tobacco cessation program, as well as additional topics useful for conducting tobacco cessation such as facilitation skills and behavior change. Attendees will also receive materials and guidance to execute tobacco cessation programming at the local level. [Click here to learn more>>](#)

DOERHS – IH Sustainment Training

October 17 – 21

Naval Branch Dental Clinic Norfolk, VA

DOERHS – IH is a web-based application that is used to collect industrial hygiene survey information. This course is designed to teach military and civilian Industrial Hygiene personnel, who will be actively entering data into the DOERHS-IH application, to maneuver and organize data within their Industrial Hygiene Program Office. There is no fee for this course. However, students and their commands are responsible for their own transportation, lodging and per diem arrangements and expenses. [Click here to learn more>>](#)

Making the Most of ESSENCE

October 25

Webinar

The Preventive Medicine Program and Policy (PPS) Department is part of a Tri-service group that hosts monthly training sessions for MTF and shipboard public health staff, including users of the Disease Reporting System internet (DRSi). This training will help describe how to use the Electronic Surveillance System for the Early Notification of Community-Based Epidemics (ESSENCE) to understand your population; the ways to optimally configure ESSENCE for routine surveillance; and how to use ESSENCE to track current public health events. The training is approximately 30 minutes long and is conducted online with an accompanying dial-in phone number. [Click here to learn more >>](#)



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Navy Medicine Long Acting Reversible Contraception (LARC) Training

October 27

Naval Health Clinic Great Lakes, IL

Navy Medicine, in partnership with the Association of Reproductive Health Professionals and Merck & Co., is conducting one-day training events focused on family planning and long-acting reversible contraception at Navy Medical Treatment Facilities. All students will learn about the incidence of unplanned pregnancy in the U.S. and Department of the Navy (DON), and the benefits and risks of intrauterine devices and the hormonal contraceptive implant. Credentialed students will be trained to place Paragard, Mirena and Skyla IUDs and certified to place the Nexplanon hormonal implant. Other healthcare team members will receive separate practical experience with these devices. [Click here to learn more>>](#)

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Navy Entomology Center of Excellence (NECE)

The Navy Entomology Center of Excellence offers training to DoD Pest Management Professionals to include Pesticide Applicator Certification (approved by the U.S. Environmental Protection Agency to satisfy federal training and certification requirements for pesticide applicators); DoD Pesticide Applicator Recertification; Operational Entomology Training (preparing preventive medicine personnel to establish a public health pest management program where none exists; and Shipboard Pest Management (we serve as the Navy Program Manager for Shipboard Pest Control). [Click here to learn more>>](#)

NEPMU-2

NEPMU-2's education and training mission is to provide fleet and staff training, leadership, and management, to ensure that required professional certificates for occupational, environmental and preventive medicine professionals throughout the Navy and Marine Corps are met.

[Click here to learn more>>](#)

NEPMU-5

The mission of the Education and Training Department of NEPMU-5 is to provide external and internal education and training, ashore and afloat, while maintaining training logistical support for deploying FDPMU teams in support of operational commanders worldwide. Services offered: CANTRAC and specialized education & training in support of Navy military and civilian personnel assigned within this unit's AOR, ashore and afloat. [Click here to learn more>>](#)

NEPMU-6

The Education and Training department of NEPMU-6 offers courses throughout the year including (but not limited to) Food Safety Manager's Course, Laboratory Identification of Malaria training, DoD Pesticide Applicator Certificate Refresher Course, Shipboard Pest Management training and Navy Ship Sanitation Certificate Program. [Click here to learn more>>](#)

NEPMU-7

NEPMU-7 provides Force Health Protection courses throughout the year including (but not limited to) Operational Entomology Training, Shipboard Pest Management and Food Safety Manager's/Supervisor's Course. [Click here to learn more>>](#)